

Diabetes Tool Box Activity Management

This section is designed to introduce the learner to activity management of diabetes.

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This educational material was developed using information from the following sources: The American Diabetes Association, The American Association of Diabetes Educators, The American Dietetic Association, and the American Association of Clinical Endocrinologists. As with any medical information, this is not to take the place of your provider's recommendations. Be sure to consult your healthcare provider regarding your individual diabetes treatment plan.

Getting Started with Exercise

Why should I exercise?

Regular exercise 3-4 times per week or more for 30 to 60 minutes can:

- Y Lower blood sugar
- Y Help you loose weight
- Y Increase good cholesterol, reduce stress
- Y Improve the ability of the muscles to respond to insulin, which helps more sugar get into the cells
- Y Lower blood pressure
- Y Help reduce your risk for heart disease
- Y Improve your mental well being



What precautions should I take?

- ☑ Before you start an exercise program discuss it with your doctor, to be safe and not cause damage.
- ☑ Do not exercise vigorously when your blood sugar is greater than 250.
- ☑ If you are a type 1 and have elevated blood sugars and ketones in your urine, do not exercise.
- ☑ Be prepared to prevent hypoglycemia (low blood sugar): Hypoglycemia is a potential problem and can occur up to 24 hours after exercise.
- ☑ Monitor your blood sugars before and after exercise. This is most important if you take insulin but it can also be important if you are on diabetic pills.
- ☑ You may need to decrease your insulin or increase your carbohydrates for prolonged or strenuous exercise.
- ☑ Take extra emergency sugar and/or food with you.
- ☑ Avoid exercising during peak insulin action times.
- ☑ Don't inject insulin into thigh or upper arm before exercising
- ☑ Wear medic alert identification.
- ☑ People with retinopathy, diabetic eye disease, should not use weights.

How can I get started?

Start slowly. Walking or swimming is good exercise. Work up to more difficult exercises, and don't overdo it. Do something you like. Make it a habit. Do it every day. Reward yourself. Make it fun. Take a friend along to accompany you for safety and motivation.

How much do I need to do?

Recent research has shown that by adding 30 minutes of exercise daily, in divided sessions can make a significant difference in your physical and mental health. The new FDA Dietary Guidelines for Americans 2005 recommend a minimum of 30 to 60 min a day. For maximum benefit, they recommend 90 min a day. You may find that dividing this into 10-minute sessions makes it easier to do. Make a commitment to how much time, each day, you would be willing to exercise and then do it.

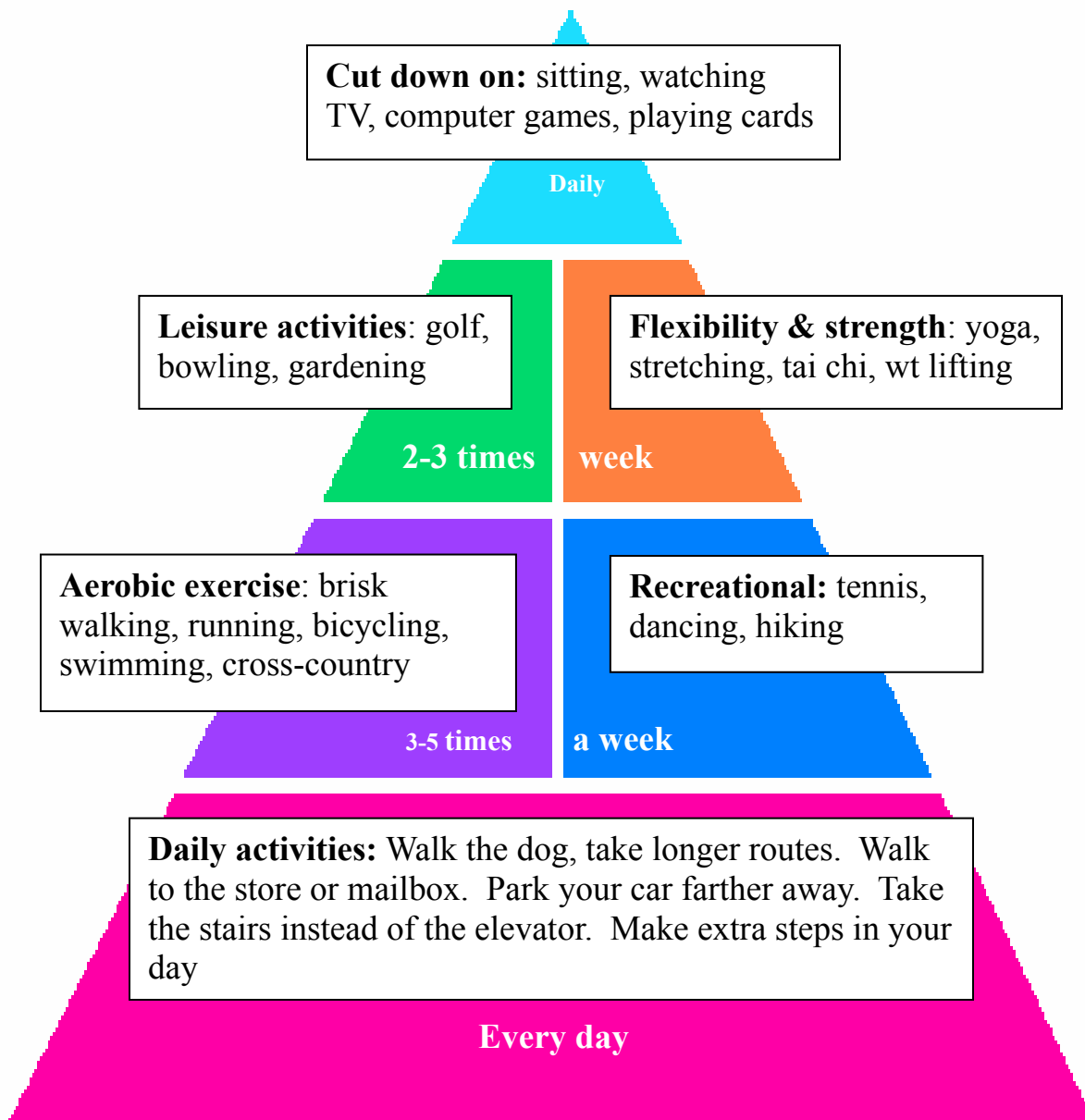
What are some ways to exercise?

Walking, cycling, swimming, exercise classes, sports, exercise machines, exercise videos, chair exercise, gardening, or housework. Start by turning off the TV. Make a list of the kinds of activities you are able to do and would like to do and then set up a routine. Remember developing good habits is what keeps you going.



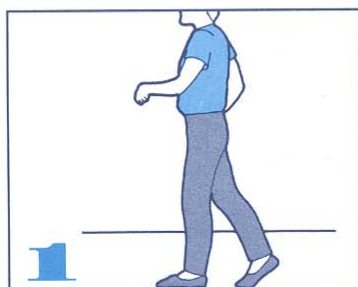
Exercise Pyramid

The following is a guide to help you work up to getting more exercise daily. Use it to decide on types of activities you might be able to perform. As with any exercise program, ask your doctor if you have any limitations, before you start. If you have shortness of breath or other physical problems, ask your doctor about a referral to Physical Therapy to help identify an individual exercise program for you.



Leg Exercises for People with Diabetes

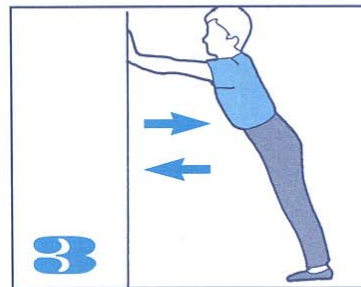
People with diabetes are more likely than others to develop problems in the legs and feet. Daily exercise and not smoking can help prevent serious damage.



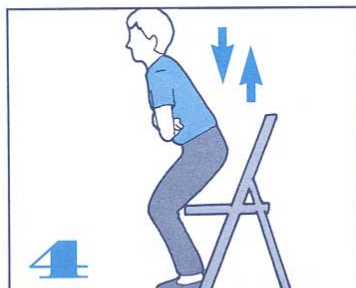
Walking: Take a brisk daily walk of 1/2 - 1 hour. Try to increase the distance every day.



Staircase exercise: Walk briskly up a flight of stairs using only the balls of the feet.



Stretching the calf muscles: Lean with the palms of your hands against a wall. Keep your feet some distance away, the heels firmly on the floor. Bend your arms 10 times, keeping your back and legs straight.



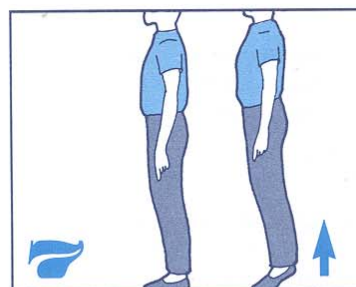
Chair exercise: Sit down on a chair and raise yourself up 10 times keeping your arms crossed.



Tiptoe exercise: Hold on to a chair and raise and lower yourself on the toes of one foot, then the other.



Leg bends: Hold chair. Put one foot forward as shown and lower body straight down, keeping both feet on floor. Raise and lower 10 times. Change legs.



Heel raising: Get up on your toes and then down on your heels, about 20 times. Also try putting your whole weight first on one leg and then on the other.



Leg sweeps: Stand with one leg slightly raised, on a book for example. While holding on to a chair or table swing the other leg back and forth 10 times. Change to the other leg and repeat.



Wave your feet: Sit down on the floor and lean backwards. Shake your feet until they are relaxed and warm.

For best results - walk or exercise every day

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Foot Care for People with Diabetes

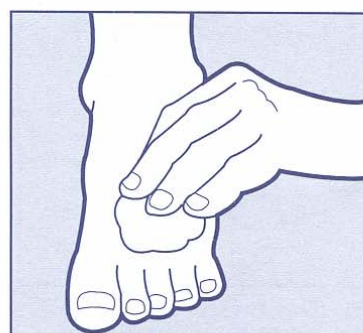
People with diabetes have to take special care of their feet.



1 Wash your feet daily with lukewarm water and soap.



2 Dry your feet well, especially between the toes.



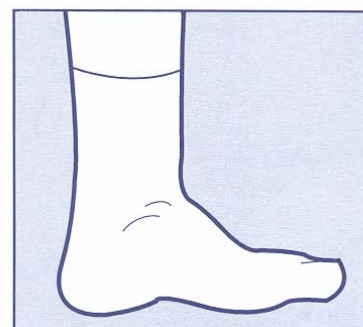
3 Keep the skin supple with a moisturizing lotion, but do not apply it between the toes.



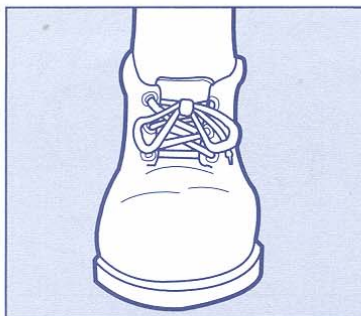
4 Check your feet for blisters, cuts or sores. Tell your doctor if you find something wrong.



5 Use emery board to shape toenails even with ends of your toes.



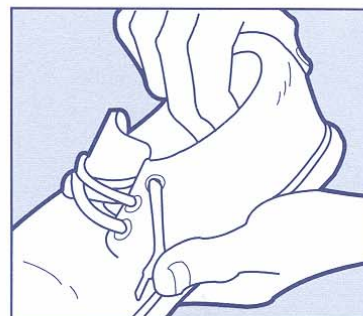
6 Change daily into clean, soft socks or stockings, not too big or too small.



7 Keep your feet warm and dry. Preferably wear special padded socks and always wear shoes that fit well.



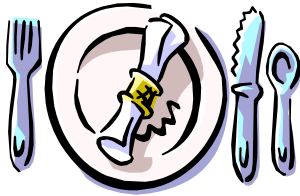
8 Never walk barefoot indoors or outdoors.



9 Examine your shoes every day for cracks, pebbles, nails or anything that could hurt your feet.

**Take good care of your feet - and use them.
A brisk walk every day stimulates the circulation.**

Ways to Manage My Diabetes



Food



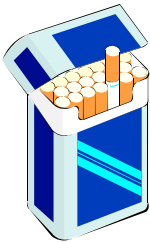
Activity



**Foot
Exams**



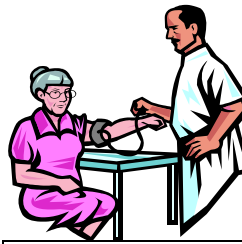
Check Sugars



Smoking



Alcohol



Check Ups



**Other
Things**

These topics are very important to your health. No patients do these perfectly. It's best to work on one at a time. You won't be pushed into changing. Which one do you want to discuss?

1. My diabetes:

A1C goal: _____ My Lipid goal: _____ My BP goal: _____

2. My specific goal is to:

3. The steps I plan to take in changing are:

Ways to Manage My Diabetes, continued

4. **Challenges that might interfere:**

5. **How I will handle these challenges:**

6. **I will know my plan is working if:**

Remember: Ask for help to identify some reasonable goals

Date	Blood Sugar	Food Beverages	How Much	Activity	Time Spent
Breakfast Time:					
Lunch Time:					
Dinner Time:					
Bedtime Time					
Snack Time:					
Snack Time:					
